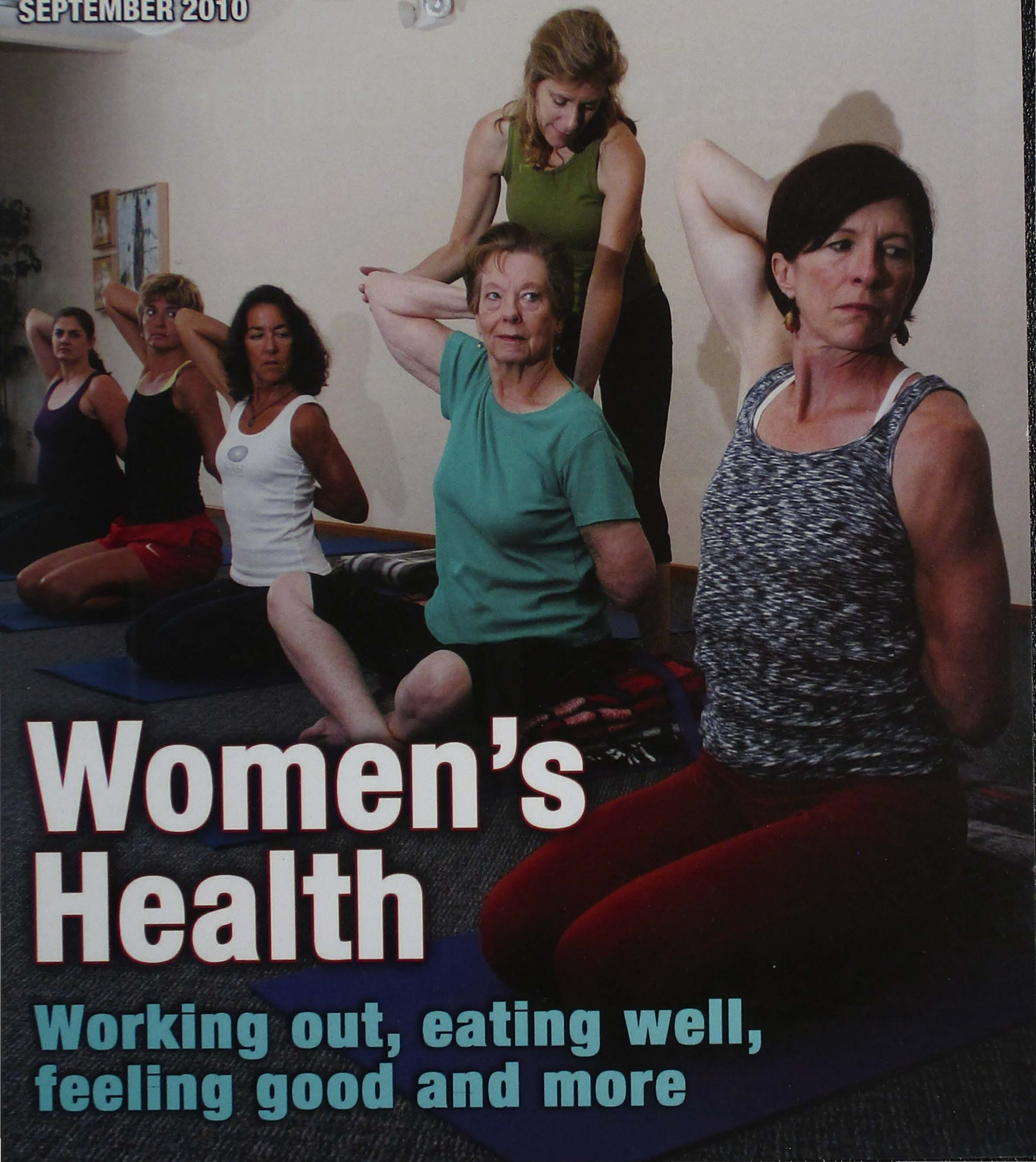


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.....
Amy Clark RD, LD



WELCOME TO Facets

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1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

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Note to readers: The articles in this magazine are not meant to be taken as medical advice. Please consult a physician prior to beginning an exercise program, diet or supplement regimen.

Cover photo by Nirmalendu Majumdar/Facets
Ruthann Hadish teaches yoga at the Ames Yoga Center on Main Street Thursday, Aug. 5, 2010, in Ames.

Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State where she's also taught in the department of kinesiology for 12 years. She has been a fitness professional — writing, speaking and practicing for 25 years. She runs, bikes, swims and plays golf in Ames with her son and Old English Sheepdog.



Clare Bills is a writer, speaker and artist living in Ames. She has a master's in journalism and is also a graduate of the Institute for Children's Literature. After working in public relations and news radio for many years, she now writes for magazines and online websites, as well as adding decorative touches to homes and businesses in central Iowa.



Jenn Boccella is a senior at Iowa State University, majoring in communication studies/journalism. She is involved with the campus ministry The Salt Company and enjoys quality time with family and friends.



Deborah Bunka is a freelance writer, graphic designer and jewelry maker. Her interests include politics, literature and geology. A Canada native, she moved to Ames 12 years ago where she lives with her husband and two children.



Amy Clark received a bachelor's degree from Iowa State University with an emphasis in dietetics. She is certified in adult weight management. Her goal at Hy-Vee is to increase awareness in the community of the impact nutrition can have on well-being.



Molly Clark is an Iowa State University student majoring in journalism visual communications. She is from Atlantic. Molly also works part time as a street vendor in Ames.



Kathy L. P. Cook, M.D., is a board certified dermatologist. She works at Skin Solutions Dermatology in Ames.



Rose E. Morgart Elsbecker is an educator, freelance writer and musician who lives in Marshalltown. She received her bachelor's in education from University of Northern Iowa, and serves as a mentor to high school students in the TAG program at the local high school. She conducts creative writing workshops with elementary students in the area.



Laura Millsaps is a local writer who contributes columns and features to Facets. She has been an Ames resident off and on since 1977, and enjoys her four sons, books and music.



Karen Petersen graduated from Iowa State University in family resource management. She is a Certified Financial Planner, has three grandchildren and can be found kayaking on Ada Hayden Lake.



Contributors

Yoga unifies mind, body and spirit

By MARY HALSTRUM

Upon entering the Ames Yoga Center, which is owned and operated by Ruthann O'Brien Hadish, a calm feeling instantly came over me brought on by the soothing smells and soft music filling the room. Having never practiced yoga myself, and having limited knowledge on the subject, I suppose I could be viewed as a yoga novice. So I started where I normally start when I know very little about something, the dictionary.

What exactly is yoga? According to Webster's Dictionary, it's a Hindu theistic philosophy teaching the suppression of all activity of body, mind and will in order that the self may realize its distinction from them and attain liberation; a system of exercises for attaining bodily or mental control and well-being.

O'Brien Hadish has been teaching yoga for 12 years and practicing for 20. She is a graduate of the Master Yoga Academy of La Jolla, Calif. Back when she started, yoga wasn't mainstream, but in the past five years that has changed.

Practicing yoga can help you increase flexibility, lose weight, manage

stress and anxiety, release tension in the spine and relieve lower back pain, said O'Brien Hadish.

"When people come here, they are invited to let go of their day," she says. "Yoga is very process oriented. It evolves as the student evolves."

O'Brien Hadish specializes in the Svaroopa Style of Hatha Yoga, which focuses on gentle movements and poses to release tension and build strength and flexibility in the body.

"Yoga definitely can improve flexibility, strength and balance," says Valerie Madison, D.O. "However, if you have any underlying musculoskeletal issues, yoga could exacerbate them."

The goal of yoga is to unite the mind, body and spirit using breath work, meditation and various poses or asanas. The asanas can be modified to fit the person, O'Brien Hadish says, so even if a class is filled with both beginners and longtime yoga students, each person will get what she needs.

"What I do is hold space for my students, allowing transformation at a pace that's appropriate for them," she says.



Photo by Nirmalendu Majumdar/Facets

Ruthann Hadish teaches yoga at the Ames Yoga Center on Main Street Thursday, Aug. 5, 2010, in Ames.

Area yoga classes

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327 Main St., Suite 3, Ames

- Bliss yoga — working with gentle movements, clearing out unhealthy physical, mental and emotional patterns opening pathways for healing to occur.
 - Prenatal yoga — awareness and freedom in the hips and pelvic area is encouraged through specific postures and breathing techniques, allowing for an easier birthing experience.
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 - Yoga — gain strength, flexibility, and balance as you learn to unite mind, body and breath.
 - Yoga flow — link breath with movement in this flow based class to build endurance, strength, and coordination, while also improving your mind-body connection.
 - Yoga foundation — focus on the basics of yoga and work toward a balance of flexibility, strength, strength and coordination, while also improving your mind-body connection.
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- Gentle yoga — students are led through stretches, hatha yoga postures and simple breathing practices, then guided into progressive deep relaxation.
- Power yoga — develops strength, stamina, flexibility and concentration.
- Yoga flow — integrates the postures, breathing exercises, relaxation and meditation to harmonize you on every level — body, mind and spirit.
- Yoga — designed to develop body awareness, learn basic postures and alignment and become familiar with yogic breathing techniques in a relaxing atmosphere.

Call (515) 239-5360 for more information.

How Laura learned to love exercise

By LAURA MILLSAPS

I've always believed that the only way our nation of overweight people is going to overcome its problem is by realizing that no pill or crazy fad diet is going to fix it. They have to do it the hard way. But I never wrote about it, because I believe in never saying something in a column that I'm not willing to back up in personal terms. In this case, putting those two sentiments together ended up with me in boxing gloves. They didn't tell me about this in journalism school.

I need to start this column with two disclaimers about my own physical health. Some people have heroin — I have peanut butter cups. Also, I was the girl people used to trip in gym class on purpose.

I hope that gives an accurate picture. I'm not physically active by nature. Even worse, I'm kind of a klutz. Taken together, it means I tend to avoid anything that would involve sweating profusely or requires coordination.

I spent last winter, while my divorce was being finalized, eating. Guilt, sorrow, anger, worries — it all went down as chocolate. By spring, a lot of my guilt, sorrow, anger and worry was directed not at my situation, but at the fact that I couldn't fit in my pants anymore.

This spring, I started running. I figured it was just going in a straight line. I tend to

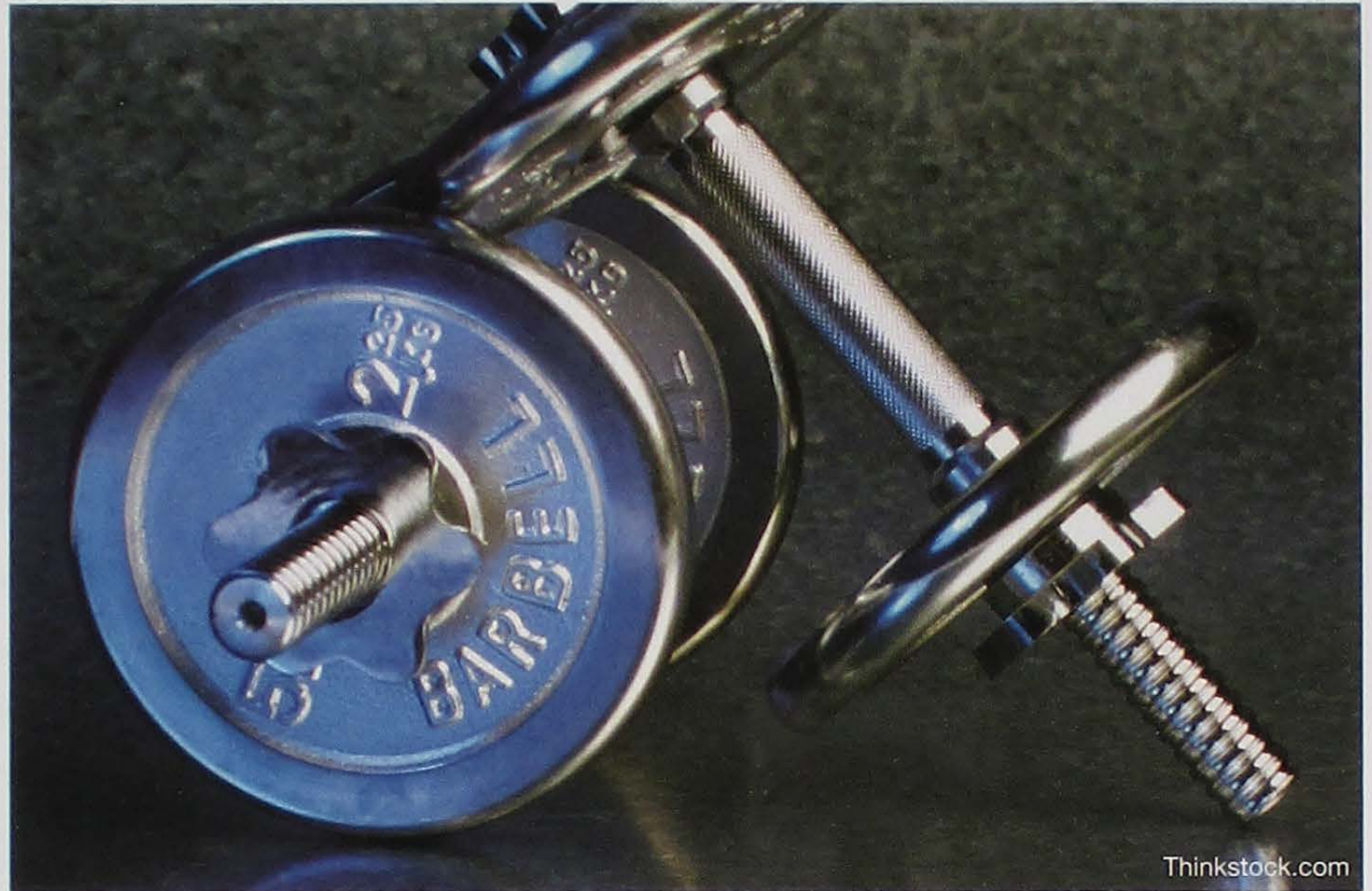
favor things that are simple, and all it took was a decent pair of shoes and the running path around Ada Hayden Lake. I could at least handle that.

When Kim Mosiman, of Goals in Motion Fitness Studio, contacted me about trying out her fitness studio's program, I was pretty

skeptical. She obviously didn't remember gym class (we were school classmates). I went to the website. Circuit training? Kick boxing? Said in the same breath with my name?

Knowing yourself is key to challeng-

Exercise please see page 6



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Exercise continued from page 5

ing yourself. I am not a joiner. I never have been. I favor solitude, independence and self-reliance. It's no surprise I picked running to get healthier.

However, I have a necklace that says in tiny words on the back, "Life begins at the end of your comfort zone." Since most of my memorable experiences have happened when I decided to do something that makes me a little freaked out and unsure of how in the world I'll do it, and runs a distinct risk of some failure, that's actually when I need to say "yes". So I told Kim "yes."

Goals in Motion alternates days of circuit training and kick boxing. It also offers a nine-week "Total Body Fitness" challenge that includes a coach, a diet and a nutrition program along with the classes.

I think it's true of beginning any exercise program, and it was true of this one: The first week is hard and it stinks. There's no getting around the fact that if you've let your physical health go for a long time, there's going to be some hell to pay. For me, I had abdominal muscles that had gone missing since the day I gave birth to my twins. Those muscles were really ticked off that not only did I manage to find them; I expected them to get back to work.

I also had to overcome my former junior-high gym trauma. I didn't want to work out in a room full of mirrors. I didn't want to

work out with a group of people. Frankly, my preference is to work out under cover of darkness, or at least in the baggiest clothes I can find.

It takes a lot of humility and getting over your self. It's hard when you are already feeling pretty humble about extra weight and poor eating habits, and when you feel clumsy and physically inept.

What I found was a group of some men, and mostly women, who are at all sorts of different weights, fitness levels, athletic abilities and lifestyles. It genuinely helped to know the people I met had started where I was, lifting the lightest weights and stumbling over the footing for the kickboxing. It also helped to know that the people in that room are supportive of you. They want you to succeed, because they want to succeed. I realized this was a benefit I wouldn't have had on my solitary runs.

Three weeks in, I've lost pounds, my arms don't look so "fluffy" and my stomach is flatter. This is what I had in mind going in. But I have also found that I sort of dig hitting a punching bag, and I'm goofy proud of owning boxing gloves. I found that exercise improves my mood and makes me sleep soundly. I also realized I'm not so physically self-conscious anymore, which is a relief.

After a few weeks, I decided to commit to Goals in Motion's nine-week Total Body Fitness challenge. My goal is to lose

15 pounds and be physically fit enough to run a 5K by the time I'm done. I know I'll have more things to get used to that run against the grain of my personality. The idea of filling out food journals and checking in with a personal coach every day about my eating habits just makes me cringe.

I'll be getting past the "end of my comfort zone" again, just like my necklace says. I didn't ever picture myself in boxing gloves, so who knows what will happen. I'll let Facets readers know what happens in a future column. In the meantime, I think I have a stash of peanut butter cups to throw in the trash.

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Coping tricks for PMS

September 2010 | FACETS | 7

By ROSE MORGART ELSBECKER

The calendar has flipped over to a new month. You glance at the upcoming date and find you can predict what is to come. A few days later, it hits. The crazy mood swings, the cramping, the bloating and trouble sleeping or concentrating, just to name a few. These symptoms cluster together in a predictable pattern, six to 10 days prior to the start of menses, to form a syndrome better known as PMS.

Research indicates that mood changes associated with this time have been noted as early as the time of the Ancient Greeks. It was in 1931 that the disorder was officially recognized by the medical community. The term "premenstrual syndrome" was coined in 1953. Nearly 80 percent of women experience these changes to varying degrees of intensity during that time. However, there are some coping tricks that have proven effective and brought relief to many.

How do you know that you are experiencing PMS? While there is no diagnostic test available, the best way to determine what your symptoms are all about is to keep track of them in a diary, notebook or a journal for at least two or three consecutive cycles and share those symptoms/patterns with your doctor. The National Institute of Mental Health Research states that to truly meet the definition of PMS, symptoms must increase in intensity at least 30 percent six days prior to menstruation and cease right before or with the start of the menses. These symptoms must be severe enough to interfere with normal daily functioning.

Once you've begun by charting your symptoms, followed by a thorough physical exam, you and your doctor can work together on a treatment plan that best fits your individual needs. For some, supportive and educational counseling does the trick. For those at the other end of the spectrum, 2 to 3 percent of women experience a more severe form of PMS, diagnosed as PMDD, or Premenstrual Dysphoric Disorder, in which symptoms become disabling. Women who fall into that category experience more severe symptoms of depression, confusion, trouble concentrating or sleeping, or outbursts of anger that disrupt lives, relationships and work, and may lead to severe depression or even thoughts of suicide. For them, intervention in the form of SSRIs, such as Prozac, that affect the "feel-good" neurotransmitter in the brain, Serotonin, may be the answer. Only your doctor can determine if medications are right for you.

Interestingly enough, there are some simple lifestyle changes that can help alleviate symptoms. Changes in diet; reducing sugar, sodium, caffeine and alcohol intake; a regular exercise regimen and adequate

rest are all health habits that work to relieve symptoms and improve overall health.

Deb Ashby, RD, LD, MS, is a registered dietitian who has provided counseling as Clinical Nutrition Care Coordinator through the Marshalltown Medical and Surgical Center for 36 years. While Ashby says her "ship has sailed" in regards to PMS, she offers some timely tips taken from the American Dietetic Association website for what she says is "good, solid, science-based nutrition information." The list of dietary aides includes the following:

- Cut back on salt intake, limiting sodium to less than 2,400 mg per day to decrease bloating and fluid build-up.
- Cut down on caffeine, which may exacerbate irritability — no more than two caffeinated beverages such as coffee, tea or cola per day.
- Avoid excess sugar and alcohol. These may interfere with energy and mood.
- Eat low-fat foods to help reduce weight gain, such as whole grains, fruits and veggies.
- Eat high-fiber foods to help control blood sugars and stabilize mood swings.
- Boost calcium intake to three servings of dairy or high-calcium foods per day. Research indicates calcium helps cut fluid retention as well to regulate mood swings.

Deb says that through her own PMS experiences, she found that "keeping her diet balanced with variety and moderation while allowing a treat once in awhile" helped her stay on track. It is something so simple that sometimes gets overlooked.

Diane Rinehart, PAC, who has worked with women of all ages as an Ob-Gyn practitioner for 30 years, emphasizes the following in dealing with PMS: In addition to a healthy diet, keep track of symptoms on the calendar, plan ahead and get plenty of rest the week before and during menses to help you cope with whatever comes. Rinehart's

advice is to plan ahead. She reminds us that this is not the time to plan any major events, to have a million kids' activities scheduled or to invite your spouse's boss to dinner for the first time. In other words, slow down and take it easy.

Alternative therapies such as yoga, massage therapy and meditation may make a significant difference and be worthy of consideration. Certain vitamins or minerals such as vitamin B6, vitamin E, folic acid or magnesium have also been found to help. Others have found relief from symptoms through herbal supplements such as chaste berry or evening primrose oil. As always, it is important to talk to your doctor before taking any supplements.

Linda Ellis, RN, has always encouraged planning ahead for PMS, getting extra rest, keeping in touch with friends and taking time out for the self. Now is the time to schedule a lunch date with a girlfriend; to talk, laugh, cry, pray and share a hug; to go shopping, to a movie or to a flea market. Find some little way to treat yourself and remind yourself how special you are.

If things still seem to be spinning out of control, contact a professional. It's OK to ask for help. You're worth it.



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Finding a supplement that's right for you

By MOLLY CLARK

As a woman, it is important to know your body and how to get what you need to keep yourself healthy and happy. Going into the supplement section of your local grocery store or pharmacy can be overwhelming. With so many choices, it can be difficult to know which vitamin is right for you.

There are many vitamins that women often need more of, such as iron, soy, calcium, Vitamin D and magnesium. Iron is very important for pre-menopausal women to take, especially if they don't have a balanced diet. Multivitamins containing Calcium, Vitamin D and Magnesium work together to help keep bones stronger, especially later in life. Soy produces estrogen; so many women's multi-vitamins have this as well. It is usually more economical to take a multivitamin as opposed to straight tablets of one vitamin.

"It's true that supplements can be beneficial for many people, but they can effect them in different ways," Tressa Wilcox, MD, of Atlantic.

There are many natural supplements available for women of all ages. Mara Spooner works in the Wellness Department at Wheatsfield Cooperative Grocery, in Ames, and spoke with me about some of the store's most popular and effective products for women.

Two examples of popular women's multivitamins are New Chapter Every Women's One Daily and Rainbow Light Women's One. Both of these contain iron, Calcium, Vitamin D and magnesium. You only have to take these once a day, which can be helpful for women with busy schedules.

"New Chapter Perfect Prenatal is one of our favorite prenatal vitamins here at the store," Spooner says. "It is made with whole foods, so you won't get the nausea that you can have with some other prenats."

There are also lactation blend teas and tonics available that can help new mothers who need help producing milk after their babies are born.

"Progesterone is important for women who are going through menopause. It regulates estrogen, and estrogen makes cells multiply," Spooner says. "As women age, they produce less progesterone, which can cause mood swings or even make them more prone to breast cancer because their estrogen levels are not being regulated as well. Women can get topical progesterone that they can rub on their skin in hormonal centers to get more progesterone in their system."

One important thing to remember when choosing any vitamin is what prescription medications you are taking. Medications like

birth control pills can react badly with certain vitamins, so it is important to tell your doctor or someone in a wellness department what medications you are taking so you can find a supplement that won't end up doing more harm than good.

There are many useful books women can purchase or check out from the library that can help them make informed decisions about supplements. "Prescriptions for Nutritional Healing" and "Prescriptions for Herbal Healing," both by Phyllis A. Balch, C.N.C., have extensive information about vitamins. "The Herbal Healing" book is broken into three parts: Understanding Elements of Health, Disorders and Remedies, and Therapies.

There are also books geared specifically toward women's health. "Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health and Healing," by Christiane Northrup, M.D., is one. Another that not only has supplements but also different kinds of nontraditional therapies is "Our Bodies, Ourselves," by The Boston Women's Health Collective.

Taking a supplement once or twice a day may seem like a pain, but it can help you live a happier, healthier life.

To find out what vitamins or supplements you may need, talk to your doctor.

When women need vitamins

Vitamins can be beneficial to women of all ages, especially when paired with a balanced diet.

Pre-menopausal women, 20+

It is important for pre-menopausal women to take multivitamins that contain iron, Calcium and Vitamin D. Calcium in multivitamins can help make bones stronger and reduce the risk of osteoporosis later in life. Vitamin D helps the body absorb calcium, so it is important to take as well. Although bone density is at its highest, it is a good idea to start taking a multivitamin with calcium and Vitamin D early. Iron deficiency is common among pre-menopausal women, especially those in their 20s, so it is important to take an iron supplement too.

Menopausal women

Women going through menopause also need to take multivitamins with Calcium and Vitamin D. Progesterone can also help these women, as it helps regulate estrogen and can lessen the chance of mood swings and even breast cancer associated with menopausal women.

Post-menopausal women

Post-menopausal women need Calcium and Vitamin D as well, as they can help reduce the risk of osteoporosis and bone fracture. Calcium and Vitamin D are especially important in multivitamins, because over the age of 50, women have escalated bone loss.

For more information and detailed listings of vitamins for specific lifestyles and conditions, search various vitamins on www.webmd.com.



Many supplements are available to choose from at your local grocery store, like these in the vitamin section of Hy-Vee West in Ames.

Photo by Molly Clark/Facets

FOOD**bites**

Fresh vegetable medley:

Restoring body and soul By DEBORAH BUNKA

Everyone knows it's important to eat a healthy, balanced diet. As women, life-givers, family caretakers and constant multi-taskers, taking care of ourselves is extremely important. Yet, a great deal of the time we place our own needs at the bottom of the priority list. I am as guilty as anyone else when it comes to that. There have been days when it's almost dinner time before I've realized that between driving the kids around, running household errands and doing my own work, I haven't eaten anything at all. That's when I have to stop, take a breath and think about the remainder of the day. I've got to make dinner, and I can either pick something up from a restaurant or I can do something good for myself that will be simple, guilt-free and enjoyable. For me this choice almost always involves a colorful medley of fresh vegetables.

When you're exhausted, the last thing you want to face is a complicated recipe. That's why a vegetable medley is perfect for these moments. Stir-fried, roasted, grilled or eaten raw in a salad, served as the main dish or a tasty side, it is easy to modify this recipe to suit the season and whatever you may be serving with it.

It's also good to remind yourself in hectic times that cooking can be a restorative activity. Fill your senses with the scent of freshly cut green peppers or minced garlic and chopped dill. Feel the texture of the produce: the roughness of the carrots and potatoes, the fine silkiness of the corn hair. Or listen to the sound of the green beans as you snap the ends, knowing that the louder the snap, the fresher the bean. As you chop the vegetables, take a second to absorb the fantastic array of color: the dark green of the zucchini; the deep, gorgeous reds of a bell pepper; the bold orange of the carrot or the brilliance of the bright yellow squash.

At moments like this, especially after a long day, when the house is filled with the aroma of what's cooking and I am anticipating the tastes that I know so well, I stop, take a breath and think. When I put myself first, it helps me accomplish everything else on the list.



Fresh Vegetable Medley

Serves: 6 (heartily)

This recipe can be prepared any number of ways. Below are directions for roasting. To grill on the barbecue, follow the same prep method, but put the veggies in a foil packet and seal tightly. Place the packet slightly off-heat and let sit for approximately 25 to 30 minutes. Also note that, while you can vary the veggies you prepare, to achieve maximum tastiness, try to use what is seasonally at its peak of freshness.

Ingredients

Whatever veggies you include, everything should be coarsely chopped to approximately the same size chunks — in this case, about 1 to 1 ½ inches in diameter. This helps everything cook evenly. It also goes without saying that all vegetables should be washed first.

- 1 med. yellow (summer) squash, coarsely chopped.
- 1 med. zucchini, coarsely chopped.
- 2 med. onions cut in quarters.
- 2 large carrots, unpeeled, coarsely chopped.
- 1/2 pound green beans topped and tailed.
- 1 large cob of corn, chopped into 1-inch diameter disks.
- 2 large potatoes unpeeled and quartered. (Small potatoes such as fingerlings may not need to be cut.)
- 4 garlic cloves, minced (or to taste).
- 1/4 cup of olive oil (enough to cover the vegetables lightly).
- Salt, pepper and dill weed to taste.

Directions

Preheat oven to 350 degrees F. Chop all vegetables, placing them in a large mixing bowl. Add minced garlic, salt and pepper (to taste). Sprinkle with dill weed (if desired). Pour olive oil over the veggies and mix well to make sure everything is covered. Transfer food to the covered casserole dish or baking pan of your choice. Do not over-fill. If needed, use a second vessel. If your dish or pan does not have a cover, use foil and cover tightly. Cook for 45 minutes to 1 hour. Remove cover and let sit for 5 minutes before serving.

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Moving toward health

By DEBRA ATKINSON, M.S., C.S.C.S.

Women have unique health concerns that call for unique approaches to exercise. Even within the spectrum of a condition or disease, there may be nuances that require even more individual exercise and activity protocol. For most situations, more than 25 common diseases are prevented or

treated in part by physical activity. Exercise of the right intensity and type is almost always a better option than a sedentary approach.

If your life story begins at birth, your healthy start to life happens during the prenatal state. It's in the best interest of the baby and the mother that the mother

is in optimal physical condition. From conception through delivery, exercise offers great benefits of well-being and enhanced energy, sleep and digestion, all of which can be compromised during pregnancy. There are a few things to consider regarding exercise and pregnancy, however.

Beware of increased laxity in joints that requires safe changes in the load and alignment of weight-bearing joints. The hormones that allow the pelvis to accommodate an enlarging uterus also creates less stable joints in the lower back, S.I. joints and knees.

Intensity of cardiovascular exercise should be based on perceived rate of exertion as much — sometimes more than — heart rate given that response to exercise in pregnancy can be blunted, exaggerated or normal. Overall, your doctor's recommendations are best.

Strength training according to a level you're already accustomed to, and light to *Health please see page 11*



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Health continued from page 10
moderate levels for beginners, can offset lower back pain and fatigue common in later months, as well as changes in upper back due to growing mammary glands and, after birth, carrying the bundle with you.

Compensating for energy demands of exercise with adequate calories is important. It takes an additional 300 calories just to maintain homeostasis during pregnancy, so if you're exercising, you need to take in an additional amount even beyond that.

Water exercise is an easy and comfortable environment either from the beginning of the pregnancy or when exercise becomes uncomfortable in later months. Exercise can come in the form of swimming but also in water classes such as water walking and deep water jogging.

Osteoporosis and exercise is a topic of interest to more and more baby boomers. Keeping yourself or your daughters and granddaughters from developing osteoporosis begins prior to puberty when loading the bones has the greatest influence on bone density in adulthood.

Once bones are formed between 25 and 30 years old, exercise has a lesser effect on growing bone density. As you enter the menopausal years, the major goal of exercise is preventing or slowing further losses. There are some studies that reflect slight gains, but the significance of the changes seen between exercise and control groups is avoiding the losses evident in those who did not exercise or exercise correctly.

Bone density is influenced most by impact forces and less so by muscle forces. Exercises that involve some jumping and hopping, and weight training of significant loads, are best for healthy adult women prior to menopause. Muscle forces are good but not significant in terms of adding enough stress to bone to increase the bone density. For example, swimming is an excellent exercise utilizing all muscles in the body, yet it isn't enough to offset the unloading while buoyant in the water. Likewise with cycling. If you spent your last week of July on a bike across Iowa, you hopefully got right back into your strength-training routine and weight-bearing exercise.

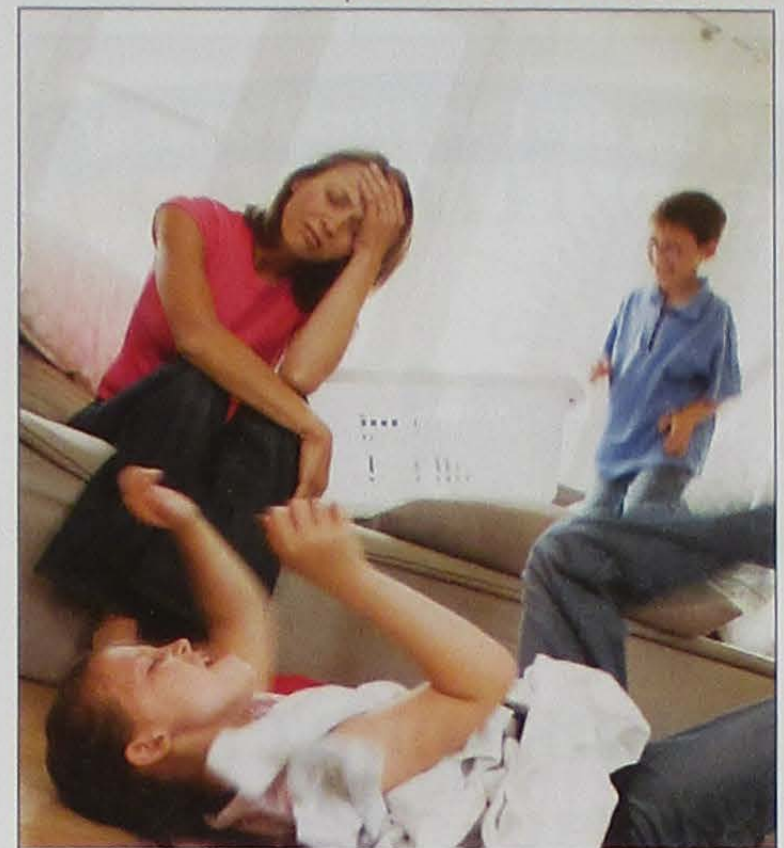
Lastly, it's important to remember that in adults the activity must be sustained in order to maintain results. Use it or lose the bone density is the message.

Arthritis is more common in women now than it once was, some say, attributed to the influx of sports that were somewhat less available to girls and women prior to the '80s. Though there are two types of arthritis, Rheumatoid (RA) and Osteoarthritis (OA), this article addresses the OA type

primarily. Stiffness or tightness occurring after exercise, usually the next day, is generally the first sign of OA.

The solution? Decrease the volume and the intensity of what caused the discomfort. That might mean fewer repetitions or one set instead of two. It also would indicate taking a longer period of time to warm up, increasing the synovial fluid, or greasing the joints in other words, before launching into that exercise routine. Water is an excellent environment, particularly warm water of 84 to 86 degrees or warmer. Any form of water exercise you're comfortable with is good for the joints, and provides a range of movement otherwise not possible due to discomfort of weight-bearing exercise. Water exercise can provide benefits beyond your time spent in the water.

The overweight and obese who suffer from OA have a challenging time working hard enough to remove the weight without pain. More than 52 percent of those who required total knee replacement and 36 percent who required total hip replacement were overweight or obese. Prevention is the best medicine. If you're currently overweight and have a history of trauma to the knees, be diligent about good nutrition choices and exercise solutions that work to help you stave off the weight as well as the joint issues that could sideline you later.



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Beautiful

By JENN BOCCELLA

Standing in front of the mirror, she twists to her right and swings to her left. Cocking her head, she frowns as she stares at her reflection. At some point within the last few years, her body has seemingly transformed.

Her once flat stomach has hidden itself under a nice layer or two of extra stuffing, her chin isn't so defined anymore and smile lines have permanently etched themselves around drooping eyes. The legs that used to proudly display themselves now lie hidden beneath worn sweatpants, and those long, curly locks of hair? Well, they are good and gone. Instead, they have been replaced by the "I'm-a-mom-and-don't-have-time" hair-style. And not to mention all that gray hair peeking through.

Although having the body of a 21-year-old for an entire lifetime would be appealing, it is never going to happen. Despite all the pills, powders, creams and even surgeries that promise tight skin, toned muscles and flat bellies, aging is inevitable. Instead of dodging mirrors and hiding behind the camouflage of sweatpants, it is about time to embrace our feminine shapes — no matter how curvaceous.

If there is one thing a woman must believe if she is going to work the sidewalk like it's a runway and hold her head high as if she were a queen, it is this: She is indisputably, undeniably beautiful. The thing is, though, she doesn't have to be a size zero for this to be true; instead, it is all about the individual.

Some women have been blessed with "skinny" genetics, which allow them to eat whatever they want, never work out and still look fit — a form of cruel and unusual punishment for the rest of us. On the other hand, the average woman across America will find anything below a size 8 a wee bit snug — a fact most of us overlook. It is quite normal to jiggle here and there, cellulite is more than a familiar landscape of skin, and to be honest, a bodacious backside never hurt anyone. The point is that numbers are not reflective of beauty. Whether someone has inherited wide hips from her mother's side of the family, skinny chicken legs from her father's side, or whatever the shape — take care of it. A woman must discover what works for her when it comes to nutrition, exercise and overall health.

Food is wonderful; it provides energy and enjoyment. A perfect meal is incredibly satisfying. At the same time, it is important to understand the idea of self-control. Although the human body is created in the same way, each one is very unique. Things like being lactose intolerant, having Irritable Bowel Syndrome (IBS) or coping with diabetes impacts what she is able or unable to consume. It is necessary to understand our

bodies, learning how much is too much and when to say no.

When it comes to exercise, some women may find that walking on a daily basis for 30 minutes is just right; others might need to hop on a bike, jump in a pool or pick up a tennis racket. The physical needs and capabilities of women may differ quite significantly from one to the next — and that is OK. Find an activity or two that will not only be fun and enjoyable, but also increase the heart rate. Also, remember that what works for the woman next door may not work for you, and the activities your best friend is capable of doing may not challenge you enough. What is important to understand is the necessity in discovering your range of abilities and limits.

The next time a mirror finds its way to you, rather than looking into it and despising what stares back, embrace every square inch of what is there. Because, quite simply, it has been intricately and uniquely designed; essentially, it is a work of art. Oh, and any true beauty knows there is no need to be afraid of enjoying a heaping bowl of ice cream or a moist slice of cake every once in awhile. It is good for the soul.



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girlfriend's **GUIDE** to... **FINANCIAL** independence

Healthy money relationships

By KAREN PETERSEN

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Do your money habits define you? Think about your friends, neighbors or colleagues. Do the careers they chose and the way they spend or save money give you insight into their beliefs?

How we earn, spend and save clearly reflects our priorities. If your current priorities are out of sync with your beliefs, money can create real problems in your life and relationships.

Planned, open, honest and thoughtful discussions about money can help align your priorities and your money habits. Healthy money relationships are possible only when your priorities and actions are in sync.

Even if you are a single person – and I know this may sound silly – you need the same kind of a planned discussion. You may think there will be no conflict; I have a personal money discussion each quarter, and trust me, I have conflicts with myself.

Conflict, in most issues, has two parts:

- What I want today.
- What I want in the future.

The real issue is how much current gratification you will give up for the possibility of future gratification.

This is not only a financial issue. We make the same kinds of decisions in every part of our lives.

- Take out the garbage or come home to stinky house.
 - Make the bed or crawl into a messy bed at the end of the day.
 - Eat a hot fudge sundae or go to the gym.
 - Use plastic to pay for a Disney vacation, or stay near home and pay cash.
- So why do we make the decisions we do? It is because of the consequences. The timing and severity of the consequences drive our decisions on everything from eating, chores or spending, and everything in between.
- The consequence of not taking to garbage out is quick and unpleasant.
 - The result of not making the bed is quick but not too unpleasant.
 - The pleasure of the hot fudge sundae is immediate; you may not realize the effect

of more calories and less exercise for weeks, or even months.

• Disney is a great immediate gratification; paying for the next 12 months is not so great.

Tips for healthy money relationships

1. Plan systematic "money meetings". This is a time to evaluate your financial situation and define dreams and goals, and generate ideas to create your future.
2. Time your financial meeting carefully. Choose times that are relaxed and unrushed. This conversation is not really about numbers; it is about your hopes, goals and dreams.
3. Realize there are certain unchangeable facts. You can't:
 - Change the past.
 - Spend the same money on two different things.
 - Make your partner into a different person.

Be clear about what you want to achieve

4. If you want to initiate the financial discussion, it is OK to rehearse in advance. Money talks work better when planned. Considering how and when to best approach your money discussion can make the difference between success and failure.
5. If a discussion looks like it might become a stalemate, suggest a timeout. It may help the discussion if you each write an outline of your position. When the tension is gone, you can use this information to identify points of agreement and disagreement.
 - Stalemates happen, even when the discussion is with you. It is easy to say, "I just can't decide on my real priorities." Disciplining yourself to outline your short and long-term goals is a good way to define your financial priorities.



Girlfriend's Guide please see page 18

Gluten-free goodies

By CLARE BILLS

I strut up to my neighbor's door and ring the bell, careful not to spill the plate of freshly baked cookies. As soon as she opens the door, it hits me ... she can't eat flour.

"Oh Karen, I'm so sorry," I sputter. "I forgot you can't eat these."

"My husband will love them," she says, soothing my embarrassment and accepting the aromatic offering.

In recent years, three of my friends have found they cannot eat gluten — the stretchy stuff in flour and a million other products. All are good friends whom we invite for dinner, so this has been a learning curve for me as well as for them. I've learned to bake with almond flour, to check labels diligently and to pronounce xanthan gum.

Two reasons account for intolerance to gluten. Dr. Bryan Graveline, an M.D. in McFarland Clinic's Gastroenterology Department, explains.

"Being allergic to wheat, with typical allergy symptoms such as a rash, wheals and a positive skin test, is very rare. On the other hand, being allergic to the wheat protein gluten is fairly common, and causes the disease Celiac Spue, which harms the lining of

the small intestine leading to difficulties absorbing nutrients and GI symptoms such as diarrhea and abdominal pain."

Diagnoses of Celiac Spue disease are becoming more common as awareness grows. My afflicted friends are diligent about making sure they don't eat from the forbidden food list, which is lengthy. Obvious foods to avoid include bread, bagels, cereal, muffins, cake, pie, pizza, pasta, crackers and cookies. The tricky part is that gluten-containing foods are used in places where you least expect them, such as processed meats, instant coffee, soy sauce, canned soups, blue cheese, potato chips and self basting turkeys.

Because gluten lurks in unsuspecting places, food manufacturers boldly



Photo by Clare Bills/Facets

Hy-Vee West has an aisle devoted to gluten-free products

label foods "gluten free" and post allergy alerts at the end of the ingredients list on food packages. Gluten-free products are available in grocery stores and online, with more products appearing regularly.

Grocers sometimes group the specialty

Gluten-free please see page 17

Jennifer Simpson, GIM Member since 2008/ Coach/Instructor/

"I spent my entire life living on the "heavy side" blaming my size on big bones, poor genetics, and various health hurdles until GIM. Goals in Motion isn't just fitness, it is focusing on your food and surrounding yourself with support from friends. Two years and 85 lbs later, there are hardly words to describe the changes inside and out that have happened in GIM. All I can say is Thank You!"



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Gluten-free continued from page 16
items for easy discovery and access. Hy-Vee has an online list of all the gluten-free products it carries, available at http://www.hy-vee.com/webres/File/gluten_free_list_0410.pdf.

There are gluten-free cookbooks at the Ames Public Library and on bookshelves everywhere; however, a search for recipes online revealed no fewer than 12 million sites. Detailed information and recipes are also offered on websites from the Mayo Clinic, Web MD, Iowa Methodist Hospital and the official Celiac Spue Association site, at <http://www.csaceliacs.org/cgi-bin/store/store.cgi>.

For those looking for specific products, check the Gluten Free Mall, at <http://www.glutenfreemall.com/catalog/index.php>.

Other producers of gluten-free foods, such as <http://www.glutenfree.com/index.cfm>, offer online newsletters detailing the latest tasty bites. Although there are lots of substitute food products, expect to pay at least double for gluten-free offerings.

Support groups are available through Mary Greeley Medical Center and Iowa Methodist Hospital. If you want a full day of information, the Iowa Celiac Association, based in Cedar Rapids, will hold its annual conference Saturday, Oct. 2. Information and registration is available at their website, <http://www.iowaceliacs.org>.

Food is an important part of our culture, and is usually center

stage on special occasions. It's good to know there are options available for everyone on the invitation list. Here's one that always gets the thumbs up from my friends.

Gluten-free chocolate delight

Mix the following in a blender:

1 cup chocolate chips — the darker the better and gluten-free	2 tablespoons sugar
1 egg	Dash salt

Pour in 2/3 cup very hot milk and blend until chocolate melts, 20 to 30 seconds, cooking the egg and melting the chocolate. Add 1/3 cup liqueur of choice: Amaretto, Irish cream or brandy. Blend again 15 seconds. Pour into four small cups and let stand in fridge at least 30 minutes. Garnish with whipped cream if desired.



Photo by Clare Bills/Facets
Gluten-free baking mixes, though expensive, are available.

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Hair today, gone tomorrow?

By KATHY COOK, M.D.

Hair loss is a common complaint in a dermatologist's office. Many conditions, diseases and improper hair care result in extensive hair loss. The average scalp has 100,000 hairs, and about 10 percent of those hairs are resting at any one time. Hair loss is always occurring, and normal hair shedding is between 100 and 150 hairs a day. Hair grows about ½ inch per month with a growth phase of two to eight years. The different phases of hair growth are anagen (active hair growth), catagen (hair bulb is degraded, which lasts two to four weeks) and telogen (resting phase, which lasts two to four months). If your hair has become thinner, proper diagnosis is necessary to determine appropriate treatment.

Two thirds of women will experience hair loss at some point in their lives. The most common cause of excessive hair loss is hereditary thinning or baldness. Other causes of hair loss, some of which are temporary,

include:

- Some cancer treatments such as radiation therapy and chemotherapy.
 - Alopecia areata, a type of hair loss that affects all ages and causes hair to fall out in round patches.
 - Excessive or improper use of styling products such as perms, dyes, gels, relaxers and sprays, can cause weathering or hair breakage.
 - Hairstyles that pull on the hair, like ponytails and braids.
 - Shampooing, combing, or brushing hair too much or too hard, or pulling it out.
 - A variety of diseases, such as thyroid disease.
 - Following childbirth, major surgery, a high fever or severe infection, or even the flu.
 - Inadequate protein in the diet, as with eating disorders such as anorexia or bulimia.
 - Certain prescription drugs, including high-dose vitamin A; medications for arthritis; and depression, doubt, heart problems and high blood pressure in some people.
 - Use of birth control pills (usually in women with an inherited tendency for hair thinning) or a few months after discontinuation of oral contraceptives.
 - Ringworm of the scalp, a contagious fungal infection most common in children.
- Diseases of the scalp such as lichen planus, lupus or other scarring hair loss disorders.
- A workup for hair loss may include laboratory test such as TSH, complete blood count, iron stores and scalp biopsy. A hor-

monal evaluation may be done if there are other symptoms such as irregular periods, infertility, excessive hair growth, cystic acne, virilization or breast discharge known as galactorrhea.

In women, hair loss can have severe psychosocial impact. Quality-of-life studies in people with hereditary hair loss have shown there can be an increase in personality disorders when compared to the general population. Women also reported a higher incidence of behavior that interfered with their daily lives, including a significant loss of self-esteem, introversion, and feeling less attractive and tense feelings in public places.

Treatment for hair loss depends on accurate diagnosis. If hair loss is caused by a disease that could be reversed, such as thyroid disease, correcting the underlying problem can reverse the hair loss. Alopecia areata may be treated by topical or injectable cortisone medication. Topical or oral estrogen or other female-specific hormones are sometimes prescribed. Hair transplantation is a permanent form of hair replacement. This has improved over the years; however, it is expensive. Even once the trigger is identified, shedding of hair can continue for up to six months after the trigger is removed or successfully treated. Noticeable thickening of hair may take 12 to 18 months.

This is a small overview of hair problems. If you feel you are experiencing more than average shedding and your hair is thinning, see your dermatologist for an evaluation.

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Girlfriend's Guide continued from page 15

There are basic communication differences in men and women

Women, if you are trying to engage a man in this conversation, remember he may not need or want to talk as much or as often as you would like. For best results, get to the point, suggest practical solutions and be ready to take action.

Men, women generally require more discussion and consensus than you do. Please, resist the urge to offer solutions without hearing the issues.

Money is a tool to create a good life for you and your family. Use these basic steps to create an environment of consensus and open communication.

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Karen L Petersen CFP® CDA™ is a fee-based financial advisor. You can contact her at (515) 232-2785 or e-mail her at karen@mymorethanmoney.net.

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Tips to help fight breast cancer By AMY CLARK, R.D., L.D.

Think pink

and the World Cancer Research Fund, is the largest review of research examining lifestyle and breast cancer; the groups analyzed nearly 1,000 studies. The study found that lifestyle changes concerning certain risk factors may help prevent breast cancer. The best advice today to help lower the risk of breast cancer is to maintain a healthy body weight, especially after menopause. Excess fatty tissue is a source of circulating estrogen in the body. Breast cancer risk is linked to how much estrogen you're exposed to during your lifetime.

Other recommendations from the study include: eating healthy foods, limiting or avoiding alcohol, exercising and breastfeeding your baby.

Healthy foods: Eat more foods that may be linked to helping prevent breast cancer, including more fruits, vegetables, beans and whole grains, while eating a low-fat diet. Fill two-thirds of your plate with plant-based foods — fruits, vegetables, whole grains and beans. Include whole grains, canned tomato products such as pasta sauce, and cruciferous vegetables (including cabbage, broccoli and

cauliflower) often, as these foods may offer protection against breast cancer.

Move more: Women should get 30 minutes of exercise or physical activity each day. According to the National Cancer Institute, women can reduce their risk of dying from breast cancer by 25 percent with exercise. A recent study showed that women with breast cancer who exercised during treatment felt like they had more energy and did not gain as much weight as patients who did not.

Limit alcohol intake: Women should limit their alcohol consumption to no more than one drink each day or avoid it all together.

Breastfeed: There is convincing evidence that breastfeeding lowers breast cancer risk.

Remember, monthly breast exams and annual mammograms are important for early diagnosis and treatment of breast cancer. Komen Des Moines Race for the Cure is Saturday, Oct. 23, in Des Moines. For more information, visit <http://www.komen.org/FindAnEvent.aspx>.

This information is not intended as medical advice. Please consult a medical professional for individual advice.

One in eight women in the United States will develop breast cancer. Most women know of someone who has been affected by this disease and wonder what they can do to protect themselves from breast cancer. A study found 40 percent of all cases of breast cancer could have been prevented with lifestyle changes.

The study, from the research groups American Institute for Cancer Research

Pumpkin chia seed muffins

Ingredients

1 tbsp chia seeds, ground
1 cup whole wheat flour
1/2 cup all-purpose flour
2 teaspoons cinnamon
1/2 teaspoon pumpkin pie spice
2 tsp baking soda
1/2 teaspoon salt

1 (16 oz) can pumpkin
2 eggs
1/4 cup canola oil
1 cup maple syrup
1 tbsp vanilla
1/2 cup chopped walnuts

Directions

Preheat oven to 350 degrees. In large bowl, combine ground chia seeds, flours, cinnamon, pumpkin pie spice, baking soda and salt. In medium bowl, combine pumpkin, eggs, oil, syrup and vanilla. Stir pumpkin mixture into chia-seed mixture until combined; stir in nuts. Spoon batter into paper-lined or greased muffin tins. Bake 25 to 30 minutes or until a toothpick inserted into center of muffin comes out clean. Remove and place on wire rack to cool.

Nutrition per-serving: 200 calories, 32 g carbohydrate, 5 g protein, 6 g fat, 1 g saturated fat, 3 g fiber, 35 mg cholesterol, 330 mg sodium.



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a FACETED woman

Name: Sandy Heggen

Age: 59

Position: Wife, mother, grandmother and administrative assistant at Story Construction.

Family: Husband, John; son, Kevin; daughter, Karen, and her husband, Paul; grandson, Garrett, 5; and granddaughter, Anastasia, 3.

What would you do with \$1,000 to spend on yourself? I would buy a plane ticket to England. I love touring historical places and museums.

1. Your favorite meal:

An Italian sausage sandwich made with Graziano's sausage.

2. I never leave

home without: Credit cards and cell phone.

3. Your favorite motto:

"Success doesn't come to you ... you go to it." — Marva Collins

4. What makes you happy? Being surrounded by my family, especially on a holiday, and doing things to make memories for my children and grandchildren.

5. What makes you feel confident?

Learning something new on the computer.

6. What have you accomplished that has made you proud?

On a personal basis, I would have to say my children. They have grown up to be intelligent, independent adults. On the business side, I would have to say being the first female stockholder at Story Construction.



Contributed photo
Sandy works for
Story Construction
as an administrative
assistant.

7. Do you believe in New Year's resolutions?

Do you have one this year? No — I've tried the "I'm going on a diet" resolutions before, but they never work.

8. Best tip to look and feel great: A good attitude.

9. How do you take care of yourself financially?

At this point in our lives, it's just save, save, save. I

now, what would you have done differently? I would have made education more of a priority and not worked outside the home when my children were young.

11. How do you reward yourself? Taking the time to enjoy a good book.

12. My idea of a nightmare job: Being a waitress. People can be so demanding, and the food you are serving and the staffing is out of your control.

13. My simplest pleasure: Sitting on my porch and reading a good book. I just downloaded my first e-book to my Nook.

14. I crave: Giving and receiving unconditional love from my family.



Seated from left, John, Sandy, Garrett, Karen, Ana and Kevin. Paul is standing.

15. When I am an old lady: Since I'm there already, I can say I'm at a pretty good point in my life. It's just nice to have some time for yourself.

16. I am thankful for: Definitely my family; they make life worthwhile!

17. Favorite wardrobe staple: Several pairs of black slacks.

18. What financial advice would you give other women? Cash is King, and always know the status of your family's finances.

never thought I would get to the point where I didn't need "things". But it's true: As you get older you find out you don't need a lot.

10. If you knew then what you know



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Providing resident-centered care is of top priority at Green Hills Retirement Center. "I think that we're ahead of the curve in that," explained facilities director Matt Gibbs. "It's a different type of resident healthcare." When the community began preparing to remodel one of its spas, it was clear they needed a different kind of contractor. In stepped the Ames Contracting Team.

Gibbs explained that the project provided unique challenges for any contractor. "We can't shut down during construction," he said. Instead, ACT was charged with the task of renovating the Green Hills spa without disrupting residents who make the healthcare facility their home. In addition, the crew was asked to bring to life a vision of a spa that was at once practical and homelike.

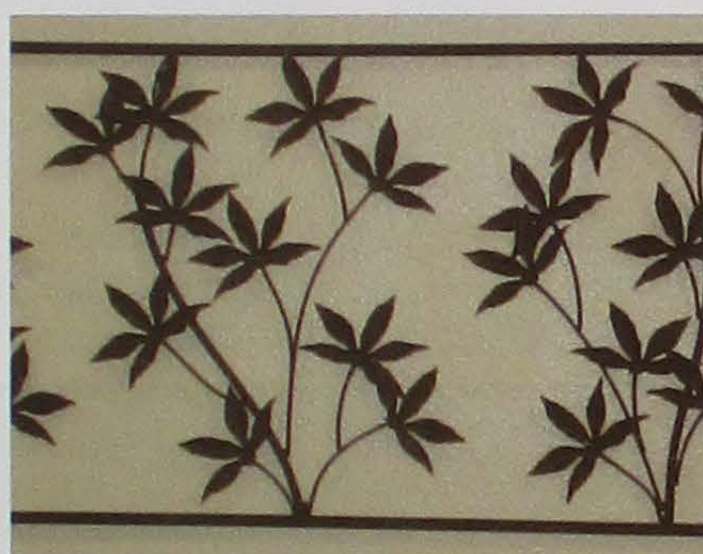
The team rose to the challenge. "They were very patient and they listened to what we wanted," said Gibbs, adding that the end result was a spa that matched precisely what Green Hills had envisioned.

With keen attention to creating a comfortable and beautiful spa for residents, both in-floor and ceiling heating were added to the room. A new vanity was built to allow residents in wheelchairs easier access and additional counter space was created so that all residents would have space to spread out their personal items. With respect for every person likely to use the spa, Geisinger Construction built custom cabinetry, providing each resident individual storage space.

Geisinger and Benjamin Franklin Plumbing joined forces to create a large new shower allowing residents a more

comfortable experience. Thompson Electric enhanced the warm feel of the space by adding new lighting and Flooring Gallery installed beautiful tile throughout the room. Finally, crown molding was added to complete the homey environment.

The Green Hills Retirement Center is a home and the Ames Contracting Team understands that. In both their work and their character, they honored the Green Hills mission and atmosphere. "There was never any doubt in my mind who we wanted to do this project," said Gibbs. "These guys did a great job."



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Definition: Any loud clamor or protest intended to incite others to action.

By MARY HALSTRUM, Facets Editor



Taking care of my physical and mental well-being has been low on my list of priorities since I became a wife and, shortly thereafter, a mother. That fact became completely obvious after I recently saw my husband and two daughters off at the airport on a two-week trip to see his parents. Driving home, I realized I had absolutely no idea what I would do in their absence. When there are no children to take care of and no husband to nag with a "Honey do" list, what on earth would I spend my free time doing? And then it dawned on me: I've lost myself. It's almost like I have ceased to exist as just plain, old "Mary." So, I decided I needed to find "me" again and reconnect with some of the things I used to do before I was "Honey" or "Mommy."

Part of who I am is a neat freak. I decided a thorough house cleaning and decluttering was in order. Granted, cleaning and reorganizing doesn't really scream "quality time," but when my house is messy and unorganized, it bothers me. I mean, it REALLY bothers me. So every day during my two-week hiatus from my husband and

children I performed at least one cleaning or reorganizing task such as sorting through my daughters' toys, donating some and throwing away some others; cleaning out the closets; shampooing the carpet; and reorganizing the kitchen cupboards. My father was in town visiting, so I couldn't devote all my time to this, after all, there are baseball games and crime shows to watch on TV, but I accomplished what I set out to do.

I also took time every day to do something special just for me, such as blow drying my hair, painting my toenails, ironing my clothes, giving myself a facial, taking a bubble bath, etc. I even went to the library to check out a murder mystery to read at my leisure, uninterrupted. Sleeping more than 6 hours a night was wonderful, to say the least. Walking on the treadmill and working out with my resistance band was also high on my to-do-list.

Another priority was going to church with my mother, and this time I was actually able to hear the entire sermon without making a trip to the crying room, drinking fountain or restroom. Imagine that. My mother

also commented on how pretty I looked. Fancy that, but with no little ones to take care of, I actually had time to do my hair, pick out a nice outfit and put on a little bit of make up. Another thing on my to-do-list, a nice dinner out with my mother wearing my new salmon colored dress. Check.

One thing I don't think I ever got used to while my husband and kids were away was how quiet the house was. There was no scampering of little feet, no little voices calling out "Momma!!!" No screaming after one child pushed the other and then the other scratched back in retaliation. No chaotic noise. In fact, there was no chaos at all. I have to admit that it felt strange.

Resting, relaxing and focusing on me and only me for two weeks was great, but it was a relief when my family arrived back home safe and sound. After all, this is my life. I am a wife and a mother. But once a year, for about two weeks, I got to be plain, old Mary, and that's just fine with me.

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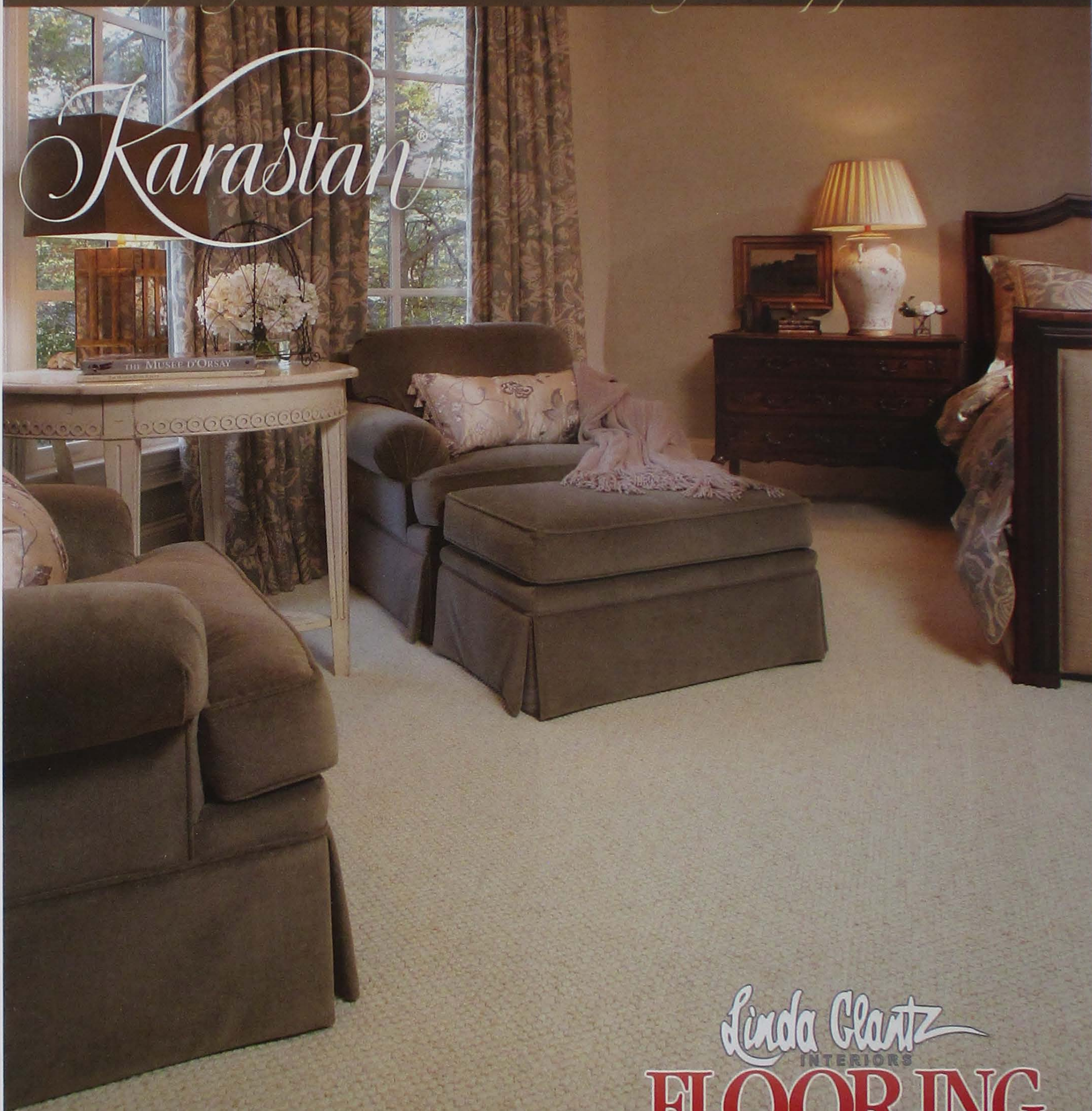
Presented by
Leo Milleman, M.D.
McFarland Clinic Urology

Join the William R. Bliss Cancer Center for the Blitz on Prostate Cancer gathering in support of Prostate Cancer Awareness month. McFarland Clinic board-certified urologist Leo Milleman, M.D., will review prostate cancer from a historical perspective, give insight into its treatment and explain how the disease is managed today and how it will be treated in the future. Enjoy appetizers in Hunziker Auditorium, take a tour of the Jacobson Building's athletic facilities and learn from Dr. Milleman's program, "A Historical Look at Prostate Cancer Treatment." Iowa State University head football coach Paul Rhoads will make a guest appearance. Join us for an evening of education and fun honoring prostate cancer survivors. Seating is limited to the first 125 people. To register, visit www.mgmc.org or call 515-956-6440 or 866-972-5477.

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